

00:38:26 Melanie: Welcome everyone to Focusing as a Liberatory Process with Miko Brown. Feel free to say hello in the chat to Miko and fellow participants from around the world. Countries people registered from for this Focusing Highlight:

Argentina
Australia
Cameroon
Canada
Cyprus
France
Germany
India
Ireland
Israel
Italy
Netherlands
Switzerland
United Kingdom
United States

00:40:11 Isabel Adon, LCSW: good morning everyone
00:40:51 Rush Wayne: Good morning from Eugene, Oregon!
00:41:24 Jeff Evans: Good Morning, from Colorado in the U.S. Looking forward to Miko.
00:41:27 Jeffrey Kinnamon: Greetings from the Finger Lakes, NY USA!
00:41:31 Darryl C-TIFI Board (he/him/his): Good morning from the TIFI Board. St. Louis MO USA
00:41:55 Anja: Good evening from Rotterdam, The Netherlands
00:42:12 Manka Unice Liberator/SAFE HOME: Good evening from Yaounde Cameroon
00:42:27 Claire: greetings from Milwaukee, Wisconsin, USA.
00:42:50 Stan Vreede: greetings from Cyprus
00:43:28 MJ Larrabee, Chicago: Greetings from Chicago! Mary Jeanne Larrabee
00:43:39 Deb: Good morning from traditional and current homelands of S'Klallam and Chemakum and Coast Salish peoples, Port Townsend, WA, USA
00:44:51 marie sheppard (she/her): Greetings from a farm in Maryland, USA
00:46:04 Linda Vanderlee | Living Aligned Coach: Hello from rural Wakefield, Qc Canada.
00:46:09 Deb: Yay for puppers!
00:55:03 Stan Vreede: freshness of the space
00:55:09 Harvey Bidwell: Feeling need for deeper conversations.
00:55:12 Deb: reintroduction to focusing, seeking feeling of joy and freedom

00:55:34 Darryl C-TIFI Board (he/him/his): Solidarity not just as a word but as a felt meaning of community

00:55:50 Claire: In my heart, I feel so much healing is needed in our community amidst economic and racial divisions.

00:56:02 Inge Terrill: Drawn to learning more ways to fully embody the stillness and peace that comes with Focusing in daily interactions.

01:06:49 Claire: will these visuals be available to us?

01:16:47 Miko Brown: ~ What was the experience of that felt shift - the felt quality before and after that shift?
~ What was your feeling of trust toward your body and that experience? Trusting? Not trusting? Somewhere in-between?

01:17:42 Miko Brown: Big boulder before and after dissipating release like air

01:18:28 Claire: Going thru it right now . . . have been in tears since you started, Have been terrified of power persons/structures. Now I see Focusing is moving me thru releasing/healing process to move into active community service.

01:18:31 Deb: Buried in gravel to feeling light and free, like a butterfly

01:18:51 Annette Dubreuil: A shift from an embedded protective plate over my heart, to a Kevlar vest that I can open and close, to feeling safe to be open hearted

01:19:29 Gabrielle Hoffman: Clogged up and dense third eye, shifted to open and clear space in forehead area

01:19:35 Stan Vreede: what is new to me is that there cannot be 'obstacles' henceforth in a renewed process

01:20:10 Inge Terrill: Thinking of a more recent shift that I had felt like going from a shut down self in a dark small room, to a fully open expanding into the "Universe all around me feeling.

01:20:22 marie sheppard (she/her): From feeling like a separate grieving atomized particle to feeling interconnected, supported and part of a forest as I walked. Breathing in, I was breathing in and out with the trees, the mud and the leaves...

01:20:47 MJ Larrabee, Chicago: I was not feeling comfortable about driving myself for two hours to get to a workshop (as member) and exactly when I got to the last hour plus and finding I had sun to be with--there came sunshine that seemed to come in me and then stayed with me through the entire weekend, with open heart, gratitude, and support.

01:23:49 Rush Wayne: Mindfulness vs mindlessness

01:35:20 Miko Brown: How might we understand the felt shift within this liberatory framework, within this idea of a liberatory consciousness?

01:36:13 Darryl C-TIFI Board (he/him/his): A liberatory process is "a" step. More steps are possible (thank goodness)

01:36:53 Luis Quiros: In concert with the systematic / social restrictiveness of the i.e., the government; can we achieve a liberated sense of being? Can we achieve freedom anyway; are we free to be free?

01:37:57 Annette Dubreuil: For me the felt shift is the result of the body's analysis, the body's knowing of what would be a next right step

01:41:16 Stan Vreede: the body feels as if 'borrowed' from a vast process

01:41:29 Stan Vreede: process

01:49:18 Miko Brown: ~ What was the felt quality before and after that shift
~ What was it that that shift enabled?

01:50:39 Deb: From a fog of many choices to a clarity of bodily sense

01:52:18 Gabrielle Hoffman: Before the shift was a reaching outward, felt multiple perspectives all around and through me, felt dizzy and disoriented, and this made possible a feeling of multiplicity all around and through me.

01:53:47 Annette Dubreuil: Sounds like moving to level 7 on the Experiencing scale, trusting what comes from the body

02:17:16 Linda Vanderlee | Living Aligned Coach: Close to things learned in a MA program called Human Systems Intervention program out of Concordia University in Montreal. Love Sociocracy as well! Thanks for this Miko.

02:27:52 Darryl C-TIFI Board (he/him/his): "Identity continually evolves and indicators are continuously uncovered. Fruitful self-identity is based upon a flexible humanization process extending beyond discussions of one's blackness, one's sexuality, one's class, and so on."
Pinn, Anthony B.; Pinn, Anthony B.. Embodiment and the New Shape of Black Theological Thought (Religion, Race, and Ethnicity) (p. 48). NYU Press. Kindle Edition.

02:27:58 Deb: This framework gives me hope when encountering polarized spaces.

02:28:37 Gabrielle Hoffman: Focusing honors ways of embodied and intuitive knowing that can be beyond and between the more narrow thinking structures given by oppressive systems

02:28:45 MJ Larrabee, Chicago: If we can exist into the liberatory consciousness, others can catch themselves within the shared space we are in. I don't have to take on the role of teacher explicitly.

02:28:46 Rush Wayne: Focusing gives a new way to meet one's experience

02:30:55 Inge Terrill: Thank you for bringing up alternative education for children. When I made the decision back in 2006 to homeschool my daughters I did not know about Focusing. I just went by my inner knowing (gut sense) that I could not in good consciousness send my children to public school. That they needed schooling without walls. Schooling every day no matter where we were - we encountered teachable moments. Going with the gut sense is what I suppose people do even if they have not yet heard about or learned Focusing.

02:34:55 Rush Wayne: I think problem-focus thinking can be seen as a part of the oppressive system, I doubt it will liberate you.

02:35:09 Miko Brown: ~ Miko Website Link: https://bio.site/Miko_brown

~ Article/Chapter: "Developing a Liberatory Consciousness" (2000) by Barbara K. Love

~ Article: "The Political Critique of Awareness" (1984) by Eugene Gendlin

~ Book: "Focusing" (2003 Edition) by Eugene Gendlin

~ Book: "Harriet Tubman: The Road to Freedom" (2005) by Catherine Clinton

~ Book: "Man's Search for Meaning" (1946) by Viktor Frankl

~ Book: "Unschooling: Raising Curious Well-Educated Children Outside the Conventional Classroom" (2019) by Kerry McDonald

~ Book: "Reinventing Organizations" (2014) by Frederic Laloux

~ Book: "Holocracy" (2015) by Brian J. Robertson

02:35:36 Melanie: Thank you Miko and everyone for attending!

02:37:11 Darryl C-TIFI Board (he/him/his): Thank you Miko!!!!

02:37:16 Inge Terrill: Been lovely! Thanks so much!

02:37:19 Naia: Thank you so so much!! This has been such a brilliant session

02:37:29 Annette Dubreuil: Thank you Miko!!

02:37:47 Deb: Inspiring. Thank you!

02:37:55 Gabrielle Hoffman: I'm thankful for this, such good sharing, Miko!!!

02:37:59 Francesco: Thank you!